

CULINARY ARTS SOUS CHEF APPRENTICESHIP (AAS)

Associate of Applied Science

Career-Technical Program

Interest Areas:

Business Admin. and Management

Culinary Arts Sous Chef Apprenticeship provides a structured and comprehensive, industry approved pathway for individuals who are passionate about cooking and aspire to become highly skilled culinary professionals with advanced career prospects. This program offers a combination of practical hands-on experience, theoretical knowledge, and mentorship. Apprentices will complete six semesters of related classroom and lab instruction at NIC. This will be coupled with 4000 hours of paid employment and tutelage toward achieving competencies set forth by the American Culinary Federation (ACF) with Chefs from local approved full-service industry sponsor sites. Once requirements are successfully met, apprentices will qualify to take the national practical and written examination with the ACF towards earning the Certified Sous Chef credential. Program Requirements: This is a selective enrollment program with special admission requirements. Applicants must have a minimum of six months of food service experience and have a GED or high school diploma. The application process includes: 1) two formal letters of recommendation that document a proven strong work ethic and keen interest in pursuing advanced or managerial positions within food service and 2) a maximum two-page essay outlining the student's career goals and intent to remain proactively committed to honoring your sponsor site/ employer while completing your degree. Admission is decided by a selection committee of chef instructors and advisor; and contingent upon successfully completing the interview process with the sponsor site.

Contact Information:

Career & Technical Professional Programs Division

Hedlund Building, Room 101

Phone: (208) 769-3226

Program Website (<https://www.nic.edu/culinary/>)

Course	Title	Credits
Semester 1		
CULA-111	Food Safety and Sanitation	3
CULP-101	Culinary Fundamentals Lab	5
GEM 3 - A.A.S. Mathematical Ways of Knowing		3-5
Credits		11-13
Semester 2		
CULA-130	Menu Planning and Procurement	2
CULP-102	Baking and Pastry Fundamentals	4
A.A.S. Institutionally Designated		3
Credits		9
Semester 3		
CULA-180	Introduction to Customer Service	1
CULP-103	Proteins and Modern Techniques	5

GEM 1 - A.A.S. Written Communication		3-4
Credits		9-10
Semester 4		
CULA-211	Culinary Nutrition	2
CULP-201	Advanced Baking/Pastry/Intl Cuisine I	5
GEM 6 - A.A.S. Social and Behavioral Ways of Knowing		3
Credits		10
Semester 5		
CULA-266	Restaurant Entrepreneurship	3
CULA-267	Purchasing/Cost Controls	3
CULP-202	Advanced Baking/Pastry/Intl Cuisine II	4
Credits		10
Semester 6		
COMM-101	Fundamentals of Oral Communication	3
CULA-265	Restaurant Supervision	2
CULA-268	Introduction to Wine, Beer and Spirits	2
CULP-203	Culinary Apprenticeship Capstone Culinary Apprenticeship Capst	4
Credits		11
Total Credits		60-63

Course Key



GEM



AAS
Institutionally
Designated



Gateway



Milestone

Upon successful completion of the program, students should have acquired the following competencies:

1. Culinary Expertise: Demonstrate mastery of both fundamental and advanced savory, baking, and pastry techniques, applying them effectively across a diverse range of food and beverage service settings.
2. Scientific Proficiency: Recognize the scientific principles underpinning cooking and baking, leveraging this knowledge to meticulously plan, prepare, and assess the quality of finished culinary creations.
3. Diverse Culinary Repertoire: Develop a diverse repertoire of dishes reflecting classic, contemporary, and global cuisine, showcasing creativity and culinary expertise.
4. Menu Design and Execution: Create, plan, and execute recipes and menus that exemplify ingenuity, balance, and culinary finesse, considering factors like seasonality, dietary preferences, and cost-efficiency while maintaining professional standards in taste and presentation.
5. Kitchen Proficiency: Demonstrate aptitude for success in a professional kitchen environment by upholding high standards of conduct and effectively managing a variety of tasks.
6. Kitchen Operations Management: Demonstrate the skills necessary to efficiently manage kitchen operations, including inventory control, staff supervision, and resource allocation.
7. Interpersonal and Organizational Skills: Exhibit exceptional interpersonal and organizational skills, fostering a collaborative and productive kitchen environment.
8. Leadership and Teamwork: Demonstrate effective leadership and teamwork skills, promoting collaboration and a harmonious kitchen atmosphere.

9. Adaptability and Problem-Solving: Show how culinarians adapt quickly to dynamic culinary environments, formulating creative solutions to challenges as they arise.
10. Sustainability: Implement sustainable practices in the realms of purchasing, production, and service to contribute to environmental responsibility.
11. Food Safety and Sanitation: Adhere to stringent food safety and sanitation practices, ensuring the well-being of both guests and staff.
12. Guest Service Excellence: Execute outstanding guest service, offering an exceptional dining experience that meets or exceeds customer expectations.
13. Cost Management: Implement controls to maintain costs and ensure the profitability of food service operations.
14. Business and Entrepreneurial Acumen: Present a foundational knowledge of business, supervisory, and entrepreneurial skills, enabling successful navigation of the culinary industry and fostering career growth.